

# HOT Sheet Gets Healthy

## Hot WORKOUT

**Matthew McConaughey** has one of the best bods in Hollywood — and he works at it. His latest exercise of choice: land paddling! Similar to paddle surfing (minus the ocean), this fun activity works your arms, back, abs and chest. \$249 for board and stick. [kahunacreations.com](http://kahunacreations.com)



## Hot CLEANSE

Gone are the days when cleansing meant drinking icky concoctions and going hungry! Blueprint Cleanse is revolutionizing the process by offering fresh, delicious and filling fruit and green juice blends (e.g., pineapple, apple, mint), all delivered straight to your door. Company reps say **Jessica Szhor** recently recharged with Blueprint! Programs start at \$65 per day. [blueprintcleanse.com](http://blueprintcleanse.com)



## Hot WEB SITE

Want to see a nutritionist but don't have the time or money? Head to [skinnyandthecity.com](http://skinnyandthecity.com), a free resource to help you get slim and stay fit. Founded by NYC nutritionist Tanya Zuckerbrot and her team of dietitians give you the skinny on wellness trends. The site even lists wholesome menu choices at restaurants across the U.S.!



## Hot SKIN CARE

Created by pro athletes including **Serena Williams** and **Mia Hamm**, Mission Skincare's line of ultrasweatproof, irritant-free products eliminates common problems such as mid-workout eye burn from bleeding sunblock. Besides antistinging sunscreen, the line includes skin savers like foot synergy gel and antifriction cream. The products sure work for Serena, who's on the court an average of six hours a day! \$4 to \$13, [missionskincare.com](http://missionskincare.com) ★



**Star**  
**CAUGHT!**  
**BRAD & the NANNY!**

- Angie finds them in the bedroom
- She slaps Brad & boots the nanny
- Brad races away on his motorcycle

Britney & Kevin  
**FALLING IN LOVE AGAIN!**

14 Stars Tell Why...  
**WE LOVE OUR CURVES!**

HIS SISTER TELLS ALL  
**THE BITTER BREAKUP!**



ALISON BROD  
PUBLIC RELATIONS